



# ZEN BEEHIVE

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MERRY  
CHRISTMAS



# CHRISTMAS



MERRY  
*Christmas*  
AND HAPPY NEW YEAR

Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 by Christians around the world. It is a religious and cultural celebration that involves various traditions, rituals, and practices.

Christmas is a time for:

1. Celebrating the birth of Jesus Christ: Christians believe that Jesus is the son of God, and his birth is seen as a significant event in the Christian faith.
2. Spending time with family and friends: Christmas is a time for socializing, sharing meals, exchanging gifts, and enjoying each other's company.
3. Showing kindness and generosity: Christmas is a time for charitable giving, volunteering, and spreading love and kindness to those around us.
4. Reflecting on values and traditions: Christmas is a time for Christians to reflect on their faith, values, and traditions, and to pass them down to future generations.

Some common Christmas traditions include:

1. Decorating homes and trees: Homes, trees, and streets are decorated with lights, ornaments, and festive decorations.
2. Exchanging gifts: Gifts are exchanged between family and friends as a symbol of love and appreciation.
3. Singing carols and hymns: Christmas carols and hymns are sung in churches, homes, and public spaces to celebrate the festive season.
4. Enjoying festive foods: Traditional Christmas foods, such as turkey, mince pies, and gingerbread, are enjoyed by people around the world.

Overall, Christmas is a time for celebration, reflection, and connection with others, and is observed by people of many different cultures and faiths around the world.



## Jesus- The Saviour



Christmas is the best time for stories, gifts, decor, crafts, and more. Children are excited to celebrate Christmas and curious to know the story behind this important day. Hence, Christmas is a perfect time to narrate the story of the Birth of Jesus Christ. During Christmas, children are even more excited to meet Santa and get their secret gifts. So here are two stories that you can tell your children on the occasion of Christmas.

### **Story of the Birth of Jesus**

Once upon a time, many years ago, there lived a lady Mary and Joseph in the town of Nazareth. One day an angel called Gabriel appeared and said to Mary and Joseph that they will soon give birth to the savior who will save their people from all sins. She said to name him Jesus as he will be God's son. Joseph wakes up the next morning and gets married to Mary.

Joseph and Mary had to travel to Bethlehem, a city far away from Nazareth. It took them several days to reach Bethlehem. Mary was about to give birth to a baby and they did not have any place to rest, so they decided to stay in a barn, a place where goats and horses lived. They lived in the barn for the whole night and that night Jesus was born. Jesus did not have any crib but he was laid on a manger immediately after his birth. Manger is a place from where animals eat hay.

The shepherds of Bethlehem saw an angel on the outskirts of the city, they were surprised to see the angel. The angel told them about the birth of their messiah who was lying the manager in the barn. The shepherds immediately rushed to the barn, they were surprised and happy.

This is how Jesus – the Son of God was born and we happily celebrate Christmas as the birth of Lord Jesus Christ.



# A Christmas Story for Adults



It was a chilly winter evening in New York City. The streets were bustling with people rushing to finish their holiday shopping. Amidst the chaos, a young professional named Sarah found herself feeling unfulfilled and disconnected from the true spirit of Christmas. As she walked down a crowded sidewalk, Sarah stumbled upon a small, quirky bookstore. The store's window display caught her eye, featuring a collection of vintage Christmas books and decorations. She pushed open the door and stepped inside, enveloped by the warm, comforting aroma of old books and coffee. The store's owner, an elderly man named George, greeted Sarah with a kind smile. As they chatted, Sarah shared her feelings of disconnection from the holiday season. George listened intently, nodding his head, and then began to tell Sarah a story.

## A Story of Redemption and Love

George told Sarah about a man named Jack, who had lost his way in life. Jack had been a successful businessman, but his relentless pursuit of wealth and status had left him empty and unfulfilled. One Christmas Eve, Jack found himself alone, wandering the streets of New York City, feeling like a ghost hovering on the periphery of society. As Jack turned a corner, he stumbled upon a small church, its doors open, inviting him to enter. Inside, he found a community of people from all walks of life, gathered together to celebrate the true meaning of Christmas. They welcomed Jack with open arms, sharing their stories, their struggles, and their love. Over time, Jack found redemption and a new sense of purpose within this community. He discovered that true wealth and happiness came not from material possessions, but from the connections he made with others and the love he shared.

## A Message of Hope and Renewal

As George finished his story, Sarah felt a sense of hope and renewal wash over her. She realized that Christmas was not just about gifts, decorations, or even family gatherings, but about the connections we make with others, the love we share, and the kindness we show.

Sarah left the bookstore that evening with a newfound appreciation for the true spirit of Christmas. She felt inspired to reach out to others, to share her own story, and to spread love and kindness throughout her community.

As she walked back into the chilly winter evening, Sarah felt a sense of peace and connection that she had not felt in a long time. She knew that this Christmas would be different, one that would be filled with meaning, purpose, and love.

Regards,

Mrs. Preethi - E909

# Musical Margazhi

## Margazhi Mahotsavam



The month of Margazhi has dawned. This is the month when the conches of the Vaishnava temples and the bells of the churches vibe to give us a divine atmosphere. But Chennai adds one more spice to this flavour! That is the music season of Chennai!

The month of Margazhi is very special for religious reasons of all the months, I am the month of Maargaseersha (Margazhi).

So says Lord Krishna in the Bhagavad Geeta. It is perhaps on this basis that Andal, the lone female Alwar among the 12 Alwars, chose this month for serving the lord with her "Paavai Nonbu". It is therefore, believed that Margazhi is celebrated for divinity and godliness. Of course, the pleasant climate also calls for some music!

Back to the topic now! Although called the December music season, this starts in November in many places and extends to even February, though the peak number of concerts happen between December 15th and December 31st.

What once started as the a mere tented congregation of music enthusiasts, has now grown leaps and bounds! A brief history of this festival would not be out of place!

In the year 1927, the Indian National Congress had its Annual session in Madras. This was special for more than one reason. The word "Purna swaraj" was coined in this Conference. It was a sort of recognition of India's latent energy and power it had in itself. This belief, was perhaps, the reason an "All India Music Conference" was also held concurrently and in the same location. The Congress passed a resolution to form a "Music Academy" in Madras. This would grow to be one of the premier institutions of the city.

This music Conference became such an instant hit, that it was decided to have similar Conference every year. The Conference would host a plethora of artistes from various parts of the country, and also debate technical aspects of music theory and practice.

Soon thereafter, organisations like the Rasika Ranjani Sabha, Sri Parthasarathy Swamy Sabha, Indian Fine Arts Society, Tamil Isai Sangam all started their own December concerts and conferences.

This was revolutionary in a way, because classical music, until then was either a religious affair, limited to temple events, or a private gathering of elite individuals at someone's bungalow. The city suddenly saw heavy pandals and huge crowds for musicians, who sang without any artificial amplification!

It was not until the 1950s that amplification was found necessary, and slowly the Raja Annamalai Mandram in George Town and the Rasika Ranjani Sabha in Mylapore hosted closed-door concerts with microphones.

Today, more than 50 organisations are estimated to organise atleast 2000 concerts, making it arguably the biggest music festival in the world. In fact, NRIs throng to listen to their favourite musicians, and some of them even perform.

The best part of this festival is, that most of the concert is non-ticketed and open to all. In fact, one of the postive aspects of covid is that the festival has started happening online too, and many organisations organise concerts just for upload in Youtube and available for all to enjoy.

All said and done, nothing gives greater joy than listening to a concert in-person. Apart from the visual connect with the musicians, we also get to experience a soul-to-soul connect with the artistes, which is something very inexplicable. And oh yes, most Sabhas also have canteens that serve the needs of the concert hoppers of Chennai!

So let's soak in the festive atmosphere of Margazhi, and drench ourselves this music season!

**Mr. Narayanan**

# Digital Taxman- A Damocle's sword



Since times immemorial, India has always shown the way to the world. This received a brief setback, thanks to the colonial rule of a couple of centuries. However, the last 25 years of the country has shown rapid strides in making up for lost time. This is particularly true in the field of information technology and the way the country has put the digital revolution to use in administration. One such successful reform of the country has been the digitalisation of tax records and processing of income tax returns.

Digitalisation of the Income Tax Department has endured a lot of benefits for the assessee-

1. Ease of filing income tax returns from the comfort of one's home

2. Alleviation of cumbersome paperwork relating to filing the returns, after the returns became paperless

3. Speedy and accurate processing of returns and resultant refunds

4. A proper track of status of processing and refunds, and ability to follow-up on them online

5. Assessments and appeals becoming faceless, thereby almost negating corruption and unfair practices

However, as every coin has two sides, there are a few, but very potent dangers that one must be aware of. The author proposes to brief on two of the threats here.

1. Not updating one's contact details in the portal-

Often it happens that we approach a professional for filing income tax returns. The professional, in order to save time and effort, uses his email ID and mobile

number to create a profile in the Income Tax Portal, and files his return. This might suit all parties in the short run. However, this poses a threat to the assessee. One must understand that all communications from the Department are sent only to that email ID and mobile number. Further, notices are also uploaded online against the assessee's PAN, which are available for download only on login. Any failure to respond to notices available online or sent via email, can have catastrophic consequences and loss of unnecessary money and effort.

2. Checking one's outstanding demands-

Although the process of online filing of returns came after 2006, the Income Tax Department used its network to process manual returns by feeding the data into its software. These created lots of issues with regard to erroneous data entry, tax credit mismatches, etc. After around 2009 or so, these demands were uploaded in the income tax portal. Returns filed online were processed centrally by the Department. The processing has not been without its share of systemic errors and it is normal to find erroneous demands getting generated from processing. All these demands show against the PAN of the assessee in the income tax portal. It is critical for one to keep tab of any demands outstanding. Failure to check this in time could result in genuine refunds getting adjusted against erroneous demands, or worse still, notices ranging from interest to penalty to even prosecution.

**Mr. Narayanan**



## Music as a Therapy



Music in any form can do wonders to human life and their well being. It has the power to uplift one's mood or kindle one's emotions to a greater extent. Modern science has led to the discovery that 'Music' can be used as a therapy to address seven different human needs and successfully cure them too.

Everett Thayer Gaston (1901-1970), a clinical psychologist, is known as the "Father of Music Therapy". He popularized the use of music in modern medicine by promoting music as a therapeutic tool. Music can lighten the mood of a person so deeply that it activates the brain and positive effects can be experienced by the body. The limbic system is responsible for memory and emotional processing. When we listen to or create music, this area of the brain becomes more active, and blood flow increases to the regions of the brain that generate and manage emotions.

Dopamine, a neurotransmitter responsible for feelings of pleasure and well-being, may be the reason why you experience chills when listening to a particularly moving piece of music. When your brain recognizes a familiar song, it may release dopamine after hearing only the first few notes, causing this physical reaction. Interestingly, music can affect our mood even if we can't recognize or replicate the notes and rhythm. Science has documented numerous

instances of people who suffered brain injuries and lost their ability to distinguish melodies but retained the ability to recognize the emotion conveyed by music. Even without the ability to recognize or replicate specific notes and rhythms, music can still have an impact on our emotions. This phenomenon is supported by scientific research on individuals who, despite brain injuries that impaired their ability to distinguish melodies, could still perceive the emotions conveyed through music.

Music plays a major role in repairing the decreasing memory of a human being. The brain has the complex task of decoding music, which involves integrating sequentially ordered sounds into a coherent musical perception. This is due to the intricate nature of music, which encompasses elements such as pitch, timbre, rhythm, and dynamics, as highlighted in an article published in the Journal of Biology.

Emotions and repetition strengthen memory, which is why many adults can recall every word of the songs they loved as emotional teenagers. The brain's ability to process information efficiently and adapt may be facilitated by listening to music and there is evidence for the same. According to a study published in the scientific journal 'Brain', adults who suffered a stroke and listened to music daily experienced significantly greater gains in verbal memory and cognition after two months than stroke survivors who listened to audio books and those who didn't listen to either music or books on a daily basis. A daily dose of Music can be soothing and meditative too. You must try using music as a therapy in today's so called busy life that leaves our brains stressed and irritated all the time.

Happy Reading! Merry Christmas and a Happy New Year!

**By Mrs. Amirtha Prasanna**



# Maldives Tourism: A Gateway to Heaven



The Maldives, a tropical paradise in the Indian Ocean, is known for its breathtaking natural beauty, crystal-clear waters, and luxurious resorts. The Maldives, which consist of around 1,192 coral islands divided into 26 coral reefs, provide an exquisite refuge for travellers seeking sun, sea, and hushed place. It has become one of the world's most popular tourist sites, attracting tourists from all over the world with its abundant marine life, luxurious hotels, and unique cultural experiences. The Maldives are well recognised for their incredible marine biodiversity. The pristine blue waters surrounding the islands support a varied range of marine animals, including colourful coral reefs, dolphins, turtles, manta rays, and a variety of fish. The Maldives is a popular destination for scuba divers and snorkelers.

Luxury travel has always been associated with the Maldives. A lot of resorts are situated on private islands, providing visitors with the utmost seclusion and privacy. Overwater bungalows, the nation's hallmark lodging option, provide guests gorgeous villas situated over the water with direct access to the ocean. These resorts provide world-class restaurants, private butlers, individualised services, and a variety of recreational and wellness options to cater to affluent tourists. The St. Regis Maldives Vommuli Resort, Soneva Fushi, and the Four Seasons Resort Maldives are a few of the most well-known luxury resorts.

A variety of eco-resorts and experiences that support responsible tourism and conservation initiatives are available to eco-aware tourists. Initiatives to save the Maldives' delicate coral reefs and marine ecosystems have also been introduced by the government. There are continuous efforts to lessen the consequences of climate change, especially increasing sea levels, and the nation has designated a number of marine protected zones. Eco-tourism enthusiasts can take part in educational initiatives that promote environmental conservation, reef restoration projects, and coral planting events. The Maldives also experiences tropical weather.

November through April are usually the finest months to visit Maldives because of the dry, bright weather that is perfect for beach activities. Although there are sporadic downpours and increased humidity throughout the rainy season, which runs from May to October, it is still viable to go during this time, especially if you want to avoid the crowds and save money.

Visa free for Indians throughout the year.  
Male is the capital of Maldives.

Maldives is the best destination for Honeymoon couples.

The stay in Maldives suggested 3N/4D.  
2 Nights in Beach Villa.  
01 Night in Water Villa ( which will be a lifetime experience)

A seaplane transfer from Airport to the resort will be a thrilling and unforgettable experience .

Finally Maldives is a beautiful country which has to be visited at least once in the lifetime.

Thank you  
**Mrs. Bhuvaneswari M**  
(MD BMK Happy Journey Tours & Travels)



## Zenithian - An Inspiration



Dance in any form is divine. It is an art that everyone cannot master without utmost passion. You can start learning an art but to continue doing it with enough passion is all that it takes to become successful and unique. We have one such Zenithian who we proudly introduce to you. She is Ruchi Krishna, from B-1406 a Bharatanatyam dancer, Mentor, and also a performer. Read on to know more about her and get inspired.

### 1. Can you share a little about yourself and your journey as a dancer?

I'm Ruchi Krishna, and I've been learning dance for almost 20 years now. I started at the age of 6, and it has been a lifelong passion. I completed my master's in Bharatanatyam from Madras University and am honored to hold a Central Government Senior Scholarship. My Guru, Dr. G. Ratheesh Babu has been a tremendous influence in my journey, and I'm grateful for his guidance and mentorship.

### 2. What inspired you to pursue Bharatanatyam as your career?

I started learning dance because of my mother who had always dreamt of becoming a dancer. But her family did not support her at the time. So, she lived her dreams through me. As I continued learning, I began to enjoy it more and more, especially with the appreciation and support I received from others. It became clear to me that dance was meant for me, and I found my true calling in this beautiful art form.

### 3. How has your journey as a dancer evolved over the years?

My journey has been one of consistent learning, practice, and performing. From my early years of rigorous training to performing on various national and international stages, I've grown as both an artist and an individual. Along the way, I've also had the opportunity to teach and mentor others, helping them embrace the beauty and discipline of Bharatanatyam.

### 4. Are you married? If so, how do you balance your personal and professional life?

Yes, I am happily married to a wonderful human who truly understands and respects my career choice. He manages his schedule to accommodate my needs and ensures everything runs smoothly in my absence. It's a beautiful balance of mutual respect and support, and I am incredibly grateful for his understanding.

### 5. What challenges have you faced as a dancer, and how have you overcome them?

Every dancer faces challenges, whether it's physical exhaustion, creative blocks, or the pressures of performing at a high level. For me, injuries were a significant challenge, but I've learned to be patient and listen to my body. I've also faced the challenge of keeping traditional dance forms relevant in today's world, but I've worked hard to adapt and innovate while staying true to the art's roots.



## Zenithian - An Inspiration

EDITION



MS. SANDHYA MANOJ  
FESTIVAL DIRECTOR



### 6. What has been the highlight of your dance career so far?

In 2016, I had the honor of being featured in a PSC paper after winning the National Youth Festival, where I represented my state. I am also a Guinness World Record holder and have won several prestigious titles such as Nritya Nipuna, Natya Moutika, Nritya Bhushan, and Tarang Padma, to name a few. These accomplishments have been milestones in my career that I am immensely proud of.

### 7. How do you stay inspired and continue growing as an artist?

Traveling, interacting with other artists, and constantly learning from different cultures and experiences keep me inspired. I also engage in deep reflection and practice, which fuels my creative process. Growth as an artist for me means never becoming complacent and always seeking ways to push boundaries while maintaining the core values of Bharatanatyam.

### 8. What's next for you in your dance journey?

I am always looking forward to new opportunities to expand my horizons, whether it's performing on international stages, collaborating with other artists, or continuing to teach and inspire the next generation of dancers. There is always something new to learn and explore in the world of dance, and I'm excited for the next chapter.

### 9. What message would you like to share with aspiring dancers and readers?

Dance is not just about mastering movements; it's about expressing your soul. Stay committed, trust the process, and never stop learning. The road may be long and challenging, but with perseverance and passion, you can achieve great things. And always remember, art has the power to inspire, heal, and bring people together—so dance with all your heart.

**Interviewee: Mrs. Ruchi Krishna - B-1406**

**Interviewer: Mrs. Amirtha Prasanna**



## Zenith and its Vicinity



### Hotels near Casagrand Zenith, Medavakkam

Casagrand Zenith, a prominent residential complex in Medavakkam, Chennai. It offers a host of amenities and a prime location. If anyone planning a visit or looking for accommodation, here are some options of excellent choices:

#### Budget-Friendly Options

##### 1. Rohaan Hotels Medavakkam:

This hotel boasts a perfect 5-star rating on Google and offers comfortable rooms at affordable prices.

##### 2. The Mangrove Wood Residency Medavakkam:

A straightforward budget hotel with flat-screen TVs, ideal for a comfortable and economical stay.

#### Mid-Range Options

**1. SPM hotel:** This well-rated option provides a comfortable and convenient stay with modern amenities in Medavakkam.

##### 2. HOTEL SPARK RESIDENCY:

Offering a blend of comfort and affordability, this hotel is a popular choice for travellers near Global hospital.

#### Luxury Options

##### 1. Vivanta Chennai IT Expressway:

This upscale hotel offers luxurious accommodations, world-class amenities, and stunning view near Sholinganallur.

#### 2. Citadines OMR Chennai:

A stylish serviced apartment complex providing a home-away-from-home experience with top-notch facilities in Sholinganallur.

#### Remember:

When booking your stay, consider factors like your budget, preferred amenities. Online travel platforms like MakeMyTrip can help you find the best deals and compare prices.

#### Additional Tips:

\* Check for special offers: Many hotels offer discounts for advance bookings or during specific seasons.

\* Read reviews: Before booking, check online reviews to get a better understanding of the hotel's quality and services.

\* Consider transportation: If you plan to rely on public transport, choose a hotel that is conveniently located near bus stops or metro stations.

By following these tips, you can easily find the perfect hotel near Casagrand Zenith, Medavakkam, ensuring a comfortable and enjoyable stay.

**Mrs. Abhirami G-304**



## Poetry



முதுமையெனும் பூங்காற்று  
 இளமையெனும் பசுங்கீற்றை காலவெயில் சருகாக்க,  
 முதுமையெனும் பூங்காற்று முழுமனதில் வீசிடுதே.  
 முதுமையென பயந்து நின்றால், தளர்ச்சியறும் உள்ளுணர்வு,  
 முதிர்ச்சிதனை அறிந்து கொண்டால், பொங்கிவரும் புத்துணர்வு.

கருப்பை தந்த கருமை நிறம், கேசம்தன்னில் ஓப்பனையே,  
 முதுமை தரும் வெண்ணிறமே, கேசத்தின் நிஜ நிறமாம்.  
 முகம் கொண்ட வரிகள் யாவும் முதுமையின் முகவரியோ.  
 அன்றி அனுபவ நூலின் உள்ளடக்கம் சொல்லும் முகவுரையோ.

இளமை தரும் கர்வத்தில் முதுமையொரு வேடிக்கை ;  
 முதுமை வரும் காலத்தில் மனம் வெதும்பல் வாடிக்கை.  
 முதுமை தரும் வேதனைகள் முதுகினிலே நின்றாலும்  
 இளவயது சாதனைகள், வலேகளைத்தான் ஆற்றிடுதே.

நினைவலைகள் அசைபோட, பிழையனைத்தும் புரிகிறதே,  
 பிழையறியும் மனக்குழந்தை ரகசியமாய் சிரித்திடுதே.  
 இழந்து நின்ற ஏமாற்றம், மனதினிலே நினைவாய் வந்து  
 கைகொட்டி சிரிப்பதுடன் எக்காளம் இடுகிறதே.

அறிவுரைகள் தருவதற்கு தகுதி பல இருந்திடனும்  
 கேட்போரின் இசைவினில்தான் அறிவுரைகள் அர்த்தம் பெறும்.  
 ஆயிரம் அறிவுரைகள் அடுக்கடுகாய் சொன்னாலும்,  
 அவரவர்க்கு, அவரவர் அனுபவமே அறிவுறுத்தும் ஆசான்கள்.

சங்கர நாராயணன் – A 1403

In the land of the Tamils, where tradition meets sea  
 Lies a city that beats, with a heart full of glee  
 Chennai, oh Chennai, my love for you is strong  
 From your beaches to your streets,  
 my heart sings a song  
 Marina Beach, a treasure so fine  
 A 12-kilometer stretch, where sun meets divine  
 The roar of the waves, the cry of the waves  
 A symphony that echoes, through my soul's hollows  
 Elliot's Beach, a heaven of peace  
 A place where love and laughter, forever release  
 The shore is lined with casuarinas tall  
 A picturesque backdrop, for memories to enthrall  
 Besant Nagar Beach, a hub of delight  
 A fusion of tradition, with modern light  
 The shore is alive, with music and cheer  
 A celebration of life, that banishes all fear  
 Chennai, oh Chennai, a city of might  
 A place that's resilient, in the face of plight  
 From floods to storms, you've faced it all  
 Yet, your spirit remains, standing tall

So here's to you, dear Chennai, my love  
 A city that's stolen, my heart from above  
 In your beaches, I find solace and peace  
 A sense of belonging, that my soul can't release.  
 LOVE YOU CHENNAI !!!  
 By Mr. Anish



## தோப்புக்கரணம்

### தோப்புக்கரணம்

பிள்ளையார் கோவில் பலர் தோப்புக்கரணம் போட்டு பிள்ளையாரை வணங்குவதை பார்த்திருப்போம்.

நன்கு ஆராய்ந்துதான், நம் முன்னோர்கள் வழிபாட்டோடு தோப்புக்கரணத்தை இணைத்திருக்கிறார்கள்.

தினமும் 3 நிமிடம்  
தோப்புக்கரணம்  
உடலைவலுவாக்கும்.

தோப்புக்கரணம் போட்டாலே  
போதும்யோகாசனத்தின்  
பெரும்பாலான பலன்களும் கிடைத்துவிடும்  
என்று சொல்வார்கள்.

நமது முன்னோர்கள்  
வழிபாட்டின் ஒரு பகுதியாக  
தோப்புக்கரணத்தை வைத்திருந்தார்கள்.  
உண்மையில் அது ஒரு நல்ல உடற்பயிற்சி.

தோப்புக்கரணம் போடும்போது காது மடல்களைப்பிடித்துக் கொள்கிறோம்.

காதுமடல்களில் உடலின் எல்லா உறுப்புகளையும் இணைக்கிற புள்ளிகள் இருக்கின்றன.

காது மடல்களைப் பிடித்துத் தோப்புக்கரணம் போடும்போது உடலின் எல்லா உறுப்புகளுக்கும் செயல்படுவதற்கு ஆன தூண்டுதல்கிடைக்கிறது. உடல் இயக்கம் சீர்படுகிறது.

தோப்புக்கரணம் போட விரும்பும் ஒருவர், ஆரம்பத்தில் அவருடைய தோள்பட்டை

அளவுக்குக் கால்களை விரித்து வைத்துக் கொண்டு தோப்புக்கரணம் போடவேண்டும். இன்னர் பயிற்சியானவுடன் கால்களைச் சேர்த்து வைத்துக் கொண்டு தோப்புக்கரணம் போட வேண்டும்.

வலது கைவிரல்களால் இடது காது மடல்களையும், இடது கை விரல்களால் வலது காதுமடல்களையும் பிடித்துக் கொண்டு உட்கார்ந்து எழு வேண்டும்.

உட்காரும்போது மூச்சை உள்ளிழுக்க வேண்டும். எழும்போது மூச்சை வெளிவிட வேண்டும்.

இவ்வாறு மூச்சை உள்ளிழுத்து வெளிவிடுவதால், நமது தண்டுவடத்தில் அமைந்துள்ள மூலாதாரம் போன்ற 7 சக்கரங்களும் சீர்படும். நரம்பு மண்டலமும் ஊக்குவிக்கப்படும்.

உட்கார்ந்து எழும்போது, காலில் உள்ள சோலியஸ் எனும் தசைக்குவேலை கொடுக்கிறோம்.

உடல் முழுக்கிறத்த ஒட்டத்தை சீராக்கும் இதயத்தின் தசைகளைப் போலவே இயங்கக் கூடியது, இந்தசோலியஸ் தசை. இதனால் உடல் முழுவதும் ரத்த ஒட்டம் சீராகும்.

Varicose Vein என்ற நோய் வராமல் தடுக்கலாம் முதலில் 10 தோப்புகரணம், பின் படிப்படியாக மூன்று நிமிடங்கள் வரை தோப்புக்கரணத்தைத் தொடர்ந்து செய்தால், நல்ல உடற்பயிற்சி.

உடலும் மனமும் உற்சாகமாக இருக்கும்

Mrs. Sudha Sundaram



# Zenith and its Amenities



## Casagrand Zenith OSR Area

### A Detailed Overview

Casagrand Zenith is a prominent residential development located in Medavakkam, Chennai. The project is known for its expansive open space and recreational areas, collectively referred to as the OSR (Open Space and Recreation) area.

### What is the OSR Area?

The OSR area at Casagrand Zenith is a dedicated expanse of land designed for the leisure and well-being of residents. It encompasses a variety of amenities and facilities, creating a vibrant community hub within the complex.

### Key Features of the OSR Area

- \* **Landscaped Gardens:** Lush green spaces with meticulously maintained lawns, flower beds, and walking paths offer a serene environment for relaxation and recreation.

- \* **Play Area:** A dedicated zone for children, equipped with swings, slides, and other age-appropriate play equipment, ensuring safe and enjoyable playtime.

- \* **Sports Facilities:** The OSR area often includes sports facilities like basketball courts, tennis courts, or volleyball courts, catering to fitness enthusiasts and sports lovers.

- \* **Jogging Track:** A designated track for jogging and walking, promoting a healthy lifestyle among residents.

### Benefits of the OSR Area:

- \* **Enhanced Quality of Life:** The OSR area contributes significantly to the overall quality of life for residents, providing a space for relaxation, recreation, and social interaction.

- \* **Healthy Lifestyle:** The availability of sports facilities and jogging tracks encourages residents to lead an active and healthy lifestyle.

- \* **Community Building:** The OSR area fosters a sense of community among residents, providing a common space for social interaction and events.

In conclusion, the OSR area at Casagrand Zenith is a valuable asset for residents, offering a range of amenities and facilities that contribute to a fulfilling and enjoyable living experience. It is a testament to the developer's commitment to creating a vibrant and well-rounded community.



## Voice of Zenithian



### Revolutionary Ideas can reshape our Society

**"Be the change you wish to see in the world."**

-Mahatma Gandhi

Our society of 949 families is a new and vibrant addition to the landscape of the city. We are governed by a bylaw that empowers us to take our decision in management. In doing so, we delegate this power to an executive committee which oversees the maintenance of the property, its exterior and the amenities. This is a typical democratic setup, wherein a group of volunteers come forward to take care of the basic setup we have been given by the builder.

However, as social beings, it is also the responsibility of each one of us to lead the change for bettering our life. In fact, the sheer number of occupants in Zenith gives us umpteen opportunities to make huge difference to the world we live in.

As a apartment, we can never live our lives, unfettered by the environment around us. The cleanliness of our surroundings keeps all of us healthy physically and mentally. Our responsibility on upkeep of amenities and to pass it on to the next generation is critical. Above all, the air we breathe and the water we consume are all our responsibility too!

Small changes lead to big impact! We speak of global warming, and how it could affect our city as early as in 2050! Considering that the biggest contributions have come to our country "bottom-up", that is from the people to the Government, and rarely the other way, we have to motivate ourselves to contribute to the common good.

In the ensuing months, we propose to suggest a few initiatives that any one of us could take up and make a difference. Who takes up what initiative, should not be, nay, cannot be thrust on anyone. This depends on one's own motivation and area of expertise. However, together, we can surely make a world of difference, a difference to this world!

**Mr. Narayanan**

## Kutty Story



### A Crow and the Two Trees

A crow was searching for a place on a tree to build its nest to safeguard its eggs. After a thorough search, it came across two trees. Then deciding to ask both the trees for help, the conversation runs as follows:

Crow: Can I build my Nest on your Branch?

Tree1 : No, I can't allow you to do that. (Says the tree with an angry face).

Crow: With a sad face, asked the second tree, Can I build my Nest on your Branch?

Tree 2: Yes, of course my friend. It is my pleasure to help you.

Then, the crow was so happy that it went in search of twigs and started building its nest on Tree 2. After doing so, the crow got all its eggs and safeguarded them. The crow was taking care of the eggs so well and started hatching them too.

One day, a heavy storm came and all the trees started trembling. The weaker trees started falling down. To the astonishment of the crow, Tree1 also fell down with a thud sound. The crow got scared and slowly tears started to roll down his eyes. It slowly went to the Tree1 and said, ' I feel so sorry to see you like this my friend. Was this the reason for you not letting me build my nest on your branch?'. Tree1 replied in a faint voice, ' Yes, my friend, I know I am weak and may die any day. Along with me, even your little ones will also destroy and I didn't want that to happen'. The crow felt ashamed of herself and wept badly before bidding goodbye to the tree.

**Moral: Don't judge a book by its cover**

**Merry Christmas and a Happy New year to all of you!**

**Ms. Vainavi**



## Christmas Celebration @ Zenith



The Christmas celebration at Zenith was held on Saturday, 21st, from 5:00 PM to 8:30 PM.

Around 4:00 PM, the festivities began with Santa Claus distributing gifts to the children. These gifts had been previously collected and placed in the IFM room by the parent themselves. Santa entertained the children with a lively dance as he delivered the gifts to their homes between 4:00 PM and 5:00 PM, bringing immense joy to the young recipients.

The program commenced with a series of engaging games, where the winners were rewarded with chocolates by our Phase 2 MC.

The evening continued with delightful Christmas carols, a charming ramp walk by the children, captivating musical instrument performances, and lively karaoke sessions. The dance performances were a highlight, with all participants electrifying the floor. Santa Claus made a grand entrance, dancing his way to the stage and showering the children with chocolates. The celebration culminated with a joyous cake-cutting ceremony, followed by more dancing and enthusiastic participation in karaoke and music. Christmas stories were also shared, adding a touch of magic to the occasion.

Overall, the event was a resounding success, filled with laughter, joy, and the spirit of Christmas.





# Guess What?



# Guess What?



# Guess What?



# Guess What?



# Guess What?



By Mrs. Amirtha Prasanna

1. Who was the Ancient Greek God of the Sun?
2. Aureolin is a shade of what color?
3. What art form is described as "decorative handwriting or handwritten lettering"?
4. How many dots appear on a pair of dice?
5. What is acrophobia, a fear of?
6. What is the name of the Chinese philosophical system that emphasizes harmony with nature?
7. What city is known as "The Eternal City"?
8. What is the state capital of New York?
9. What country features a shipwreck on its national flag?
10. What scientific theory proposed that Earth revolves around the sun?

Answers:

5. Heights
- 4.42
3. Calligraphy
2. Yellow
1. Apollo
6. Taoism
7. Rome
8. Albany
9. Bermuda
10. Heliocentrism

By Mrs. Amirtha Prasanna

## RIDDLES

What has hands but cannot clap?

Ans- Clock

I have no life, but I can die. What am I?

Ans- Battery

There are two fathers and two sons in a car. How many people are in the car?

Ans- Three people — a grandfather, a father, and a son

It is lighter than a feather, but you can't hold it for more than two minutes. What is it?

Ans- Your Breath

What is made of water but dissolves when put in water?

Ans- Ice

What starts with a P and ends with an X and has hundreds of letters in between?

Ans- A postbox

What has branches but no leaves or fruits?

Ans- A Bank

What has no beginning, end, or middle?

Ans- A circle

When you have me, you want to share me. But if you share me, you don't have me any longer. What am I?

Ans- Secret

Which vehicle is a palindrome?

Ans- Race Car

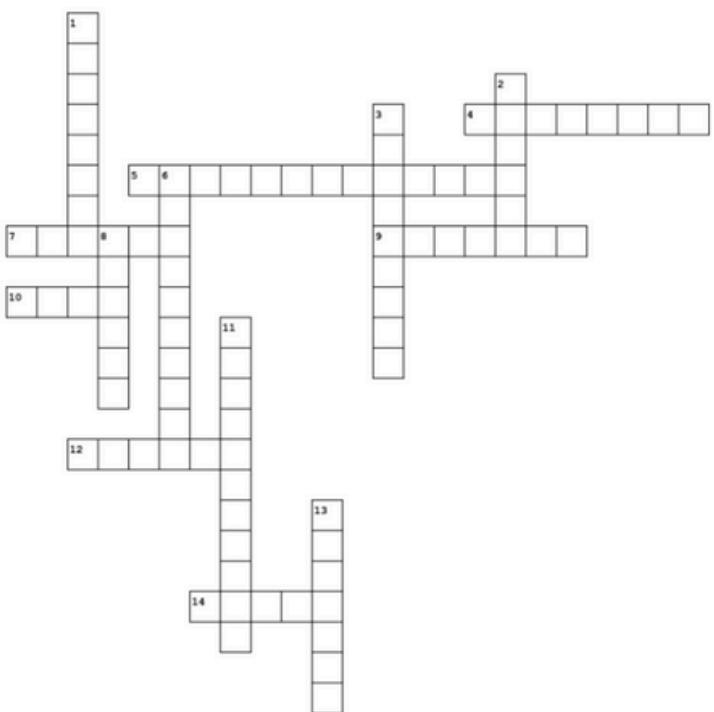
Answers:

- 1) Caps Lock
- 2) YouTube
- 3) Foxit Reader
- 4) Start
- 5) Clip Board

By Mrs. Amirtha Prasanna



## Crossword



### ACROSS:

4. Nenjamundu Nermeiyundu Oduraja  
 5. Sree Kumaran  
 7. Director Atlee in form  
 9. M. A. Chidambaram  
 10. Karnival  
 12. Adyar Bhavan  
 14. Zeniths Neighbour

### DOWN:

1. Arignar Anna Zoological Park  
 2. Part of a sea  
 3. Pallikarnai-Madipakkam-Taramani  
 6. Hotel at Chennai OMR IT Expressway  
 8. Mukhiya Mantri  
 11. 600126  
 13. NAMMA

Crossword Answers will be published in the next edition

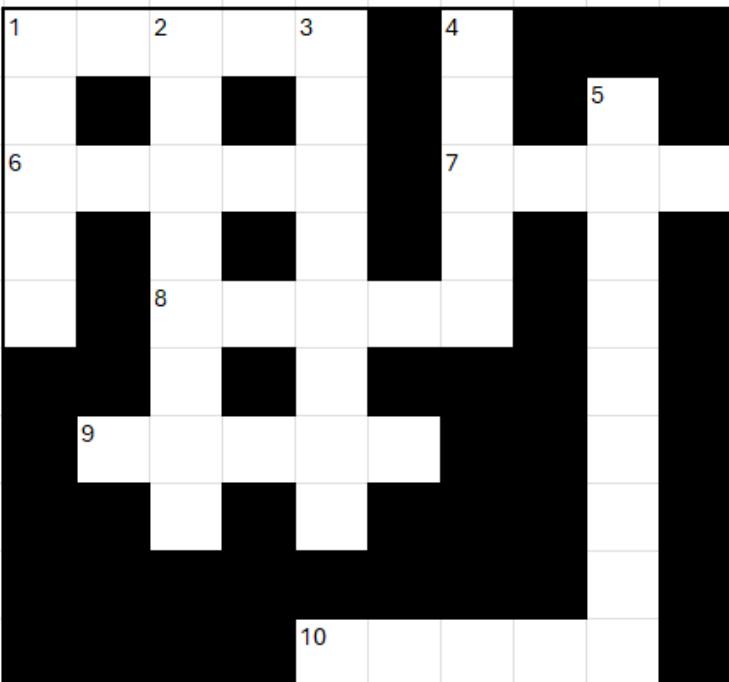
**Crossword Designed By - Mr. Anish**

## Jokes



**JOKE:** Two monkeys share an Amazon account. What do you call them?- Prime Mates!

**Mrs. Amirtha Prasanna (C-404)**



### **Across:**

1. Sing along for the season!  
 6. Ctrl + P  
 7. Penalty  
 8. Cleanse by avoiding unhealthy foods  
 9. Prepared  
 10. Factory or flora

### **Down:**

1. Greek God of Love  
 2. Deer in the Arctic  
 3. Coordinate specifying north-south point in the earth  
 4. Put (one's sign)  
 5. A person who is currently in an official position.

Crossword Answers will be published in the next edition

**Crossword Designed By - Mr. Narayanan**

## November Issue Crossword Answer

C	O	L	D	P	L	A	Y
O				E		E	
R	A	D	A	R		M	D
A				S	V	E	I
L	A	C	T	I	C	N	S
C				S		L	
R	A	T	T	L	E	I	
E				E		K	
					N		E
					T	H	I
					R	S	T



# THANK YOU

## Dear Zenbees!

We hope you have enjoyed reading our magazine. This is the collective effort of some of our volunteers, who have contributed through their creative pursuits.

We look forward to the community to join us! Yes, anyone irrespective of age group is free to send in their entries to us. Just a few pointers before you can send these-

1. Please send us only original material- kindly avoid picking from another source.
2. Kindly ensure authenticity of entries. Although we have a team volunteering for proof-checking, it may be beyond us to fact-check each and every post of ours.
3. Kindly ensure not to express any political or religious views in any part of your entries.
4. Let us strictly ensure we protect the harmony and brotherhood in the community. No posts in the magazine would be targeted at any specific individual, group of individuals or a class/creed/caste/religion/gender in a personal manner.
5. As much as we look forward for information exchange through this medium, let us avoid advertising or promotional entries.
6. Ensure to send in articles in editable word format. This will help us in aligning to the design aligned to the magazine.
7. Let the articles not exceed 500 words. In the interest of time and effort of all involved, we would love to see more people joining the creative bandwagon, and hence this limit.
8. We propose to publish the magazine on the 20th of every month. Entries sent before 10th of every month will be considered for the edition on the 20th of that month. Those sent after 10th of the month will be considered thereafter. To ensure smoothness of operations, the editorial committee reserves the power to relax these timelines.
9. Entries can be sent by email to **editor@zenbeehive.in** only and not through any other medium. This will help ease of compiling the entries without any misses.
10. The editorial team reserves the right to make edits to entries considering various factors like size of the entry, subject-matter involved, etc. In doing so, we will strive to ensure that the substance of the article does not get diverted.
11. The editorial team reserves the right to refrain from publishing any material in the magazine. This can be for various reasons ranging from community appeal, avoiding repetition to violation of the magazine guidelines.

With these basic tenets in mind- come, join us and let's buzz!

**Team Zenbeehive**



# ZEN BEEHIVE

## THE MIRROR

A COMMUNITY MAGAZINE



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Mrs. Sudha Sundaram

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ZENBEEHIVE TEAM

CGZFOA  
ALL ZENETHIANS

### Our Special Thanks To

ZENITH CULTURAL,  
ZENITH SPORTS  
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